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Naval Hospital

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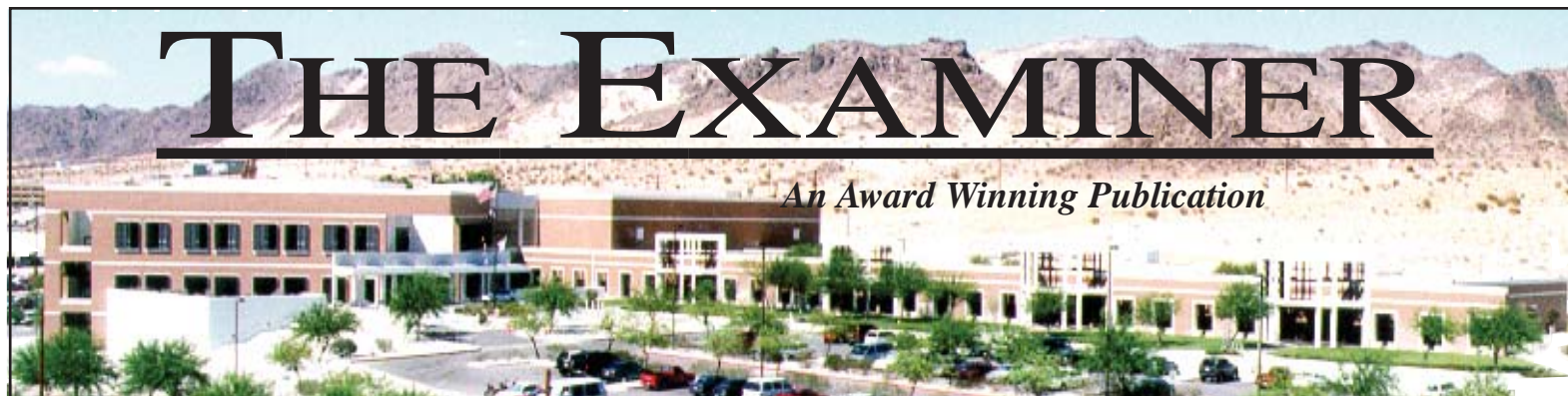
- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at complaint@jointcommission.org Fax: 630-792-5636

The Joint Commission
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Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTFC
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

USNS Mercy (T-AH-19) Returns to Homeport San Diego



Chief Petty Officer Madonna MacKnight greets Capt. John Lamberton and Command Master Chief Jerry Ramey.

Brace Yourself and Your Household for the Great American Shakeout

On October 20 at 10:20 a.m. Naval Hospital Twentynine Palms will join the Combat Center and the state of California to Shake-Out! This state-wide exercise simulates an earthquake and provides individuals and businesses a chance to exercise their emergency action plans before an earthquake actually occurs. Take this time to look around your home and workplace for simple things you can do to keep yourself safe.

- Have you braced your bookshelves so they won't fall over during an earthquake?
- Are pictures hung with closed frame hooks?
- Is your water heater properly strapped down?
- Do you have an evacuation plan with two (2) routes out in case one is blocked?
- Have you placed a whistle under your desk at work in case you need assistance getting out of the debris?
- Do you have a disaster-supply kit at home and at work?

Remember: Staying safe in a disaster is your responsibility. Taking easy action steps prior to an event can save a life!

For more information on the 2016 Great California ShakeOut Exercise, please visit:

<http://www.shakeout.org/california/>

Story and photos by Dave Marks, NHTP Public Affairs

The USNS Mercy steamed into homeport San Diego Friday morning, Sept 30. Among the dignitaries, television news crew, and photographers assembled to greet the returning Pacific Partnership 2016 crew was the Naval Hospital Twentynine Palms triad: Commanding Officer, Capt. John Lamberton, Executive Officer Capt. Jeffrey Bitterman and Command Master Chief Jerry Ramey.

The NHTP leadership was dockside to greet returning NHTP Sailors who had shipped out on the five-month humanitarian-aid mission. As they disembarked, each NHTP Sailor was presented with a 96-hour liberty pass and a personal letter from Capt. Lamberton.

Petty Officer First Class Duncan Stewart, leading petty officer for NHTP's Directorate for Surgery Services, was assistant leading petty officer for the Directorate for Administration aboard the USNS Mercy. "It

was amazing," he said of the five-month deployment. "We helped a lot of people and I learned a lot. Anyone who has this opportunity should definitely take it," he said.

Chief Petty Officer Madonna MacKnight, CPO for the NHTP Pharmacy, became CPO for the Mercy's Casualty and Receiving and ICU. "There were challenging times and good times but I'm happy to be home," she said.

Pacific Partnership is the largest multilateral humanitarian assistance and relief preparedness mission in the Indo-Asia-Pacific. Led by the U.S. Pacific Fleet and at the invitation of partners, Pacific Partnership military and civilian organizations work collectively to conduct medical, dental, veterinary and engineering civic-action programs that strengthen partnerships and ensure the international community is better prepared to synchronize and function together to deliver foreign humanitarian aid in times of natural disasters or crisis.



Chief Petty Officer Elvin Manzanarez (left) is welcomed home by Capt. John Lamberton and Command Master Chief Jerry Ramey.

Sailor in the Spotlight

Petty Officer First Class Diana Mejia



Petty Officer First Class Diana Mejia is the Directorate of Public Health's Preventive Medicine Leading Petty Officer. She and her team ensure that everything from food service, water quality, pest control and communicable diseases are tracked, monitored and recorded--ensuring the physical health of not just the NHTP Command, which includes Branch Health Clinics China Lake and Bridgeport, but the entire Combat Center. Raised in the Highland Park area of Los Angeles, PO1 Mejia has been in the Navy 15 years, the last two at NHTP. She attended preventive medicine school when it was still being offered in San Diego. She arrived here from a duty assignment with 2nd Medical Battalion, Camp Lejeune, where she picked up her Fleet Marine Force qualification. Her professional goals include picking up Chief rank

and finishing her four-year degree. She loves the arts and history and thinks she may already have enough credit hours to complete her degree. She has taken college English classes but particularly enjoys art history. "Learning about a particular form of art in a particular era, its origins and what it represents is fascinating," Mejia said. Her advice for junior enlisted: "Make sure you're always moving forward. Whether it's "C" school, college classes, correspondence courses or even taking a lesson down at the wood shop, which is free, you become enriched both professionally and personally." For hobbies, she enjoys the outdoors, hiking, kayaking, swimming and scrapbooking. PO1 Mejia loves education, enjoys teaching and looks forward to becoming a teacher following her retirement from the Navy.

Branch Health Clinic News and Events

Branch Health Clinic Bridgeport:

Lt. Alec MacDonald, Petty Officer Second Class Nash Galvan and Petty Officer Third Class Amber Miller attended the Carson City Navy League dinner Sept. 14. PO2 Nash received a \$500 scholarship from the Carson City, Nevada, Navy League. Also at the benefit dinner, PO3 Amber Miller was recognized as Sailor of the Quarter.

Command Safety Officer, Mr. Gary Thomas, was on deck assisting with preparation for BHC Bridgeport safety inspection.

September advancement exams were completed Sept. 15. Everyone is in high spirits and looking forward to the results.



Top left: Petty Officer Second Class Nicholas Kirsch is welcomed home by NHTP Commanding Officer Capt. John Lamberton. PO2 Kirsch, a biomedical technician, preformed the same function aboard the USNS Mercy. Top right: Petty Officer Second Class Sergio Lopez disembarks fully loaded and ready to greet a loved one. PO2 Lopez was Emergency Department Lead Petty Officer before shipping out. Aboard the USNS Mercy, PO2 Lopez was assigned to the Directorate for Medical Services. Each disembarking NHTP Sailor received a 96-hour special liberty pass and a personal note from Capt. Lamberton.



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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

How to reach us...

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Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,
My husband and I have been married for almost a year and we are surrounded by couples our age that already have children. It's not that I am opposed to getting pregnant; but I am not sure we are really ready. My

friends say that if I keep waiting for the right time, I will never have kids. I know I have control issues, but am I crazy for wanting to have a plan?

Signed,
Not Sure

Dear Not Sure,
It's not crazy to take time and make informed decisions. Planning ahead, especially for life-changing events like the birth of a child and parenting, is always a great idea! Taking the opportunity to talk about life goals, career and education with your partner increases the odds of making a clear plan when deciding when and if having children fits into that plan.

If you decide that you are ready to become pregnant, talk with your provider about how to get

in your best shape to prepare for a healthy pregnancy and delivery. Taking care of your body and maintaining good physical fitness in addition to consuming healthy, nutritional meals is essential in all stages of life and is a great way to ensure you are starting your pregnancy on the right path to provide what your child needs inside and outside the womb.

If you are not ready to have children, enlist the help of your healthcare team to discuss all of your birth control options. Naval Hospital Twentynine Palms, Branch Clinic China Lake and Branch Health Clinic Bridgeport are here to support you and your family in making reproductive planning decisions by providing options that work for your lifestyle and goals.

Reduce Risk from Breast Cancer with Early Detection

Conducting monthly breast self-examinations, scheduling clinical breast exams and having mammograms if you are over the age 40 is a great plan for early detection.

Breast self-exams should be performed once a month and are best done in the shower, in front of a mirror or lying down. It is important to know how to properly conduct a self-exam. Self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are changes. If you are unsure of the proper method, talk to your provider. Johns Hopkins Medical Center states, "Forty

percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important."

A clinical breast exam is conducted by a healthcare professional specifically trained to recognize abnormalities or warning signs. This exam can be performed annually with your regular physical.

A mammogram is an x-ray conducted by a qualified specialist where breast tissue is examined. Lumps that cannot be felt or small clusters of calcium (microcalcifications) are often identified during the mammo-

gram. Naval Hospital Twentynine Palms now offers digital mammography services, which makes getting scheduled more convenient, saving you time and money from having to travel for this service. If you are a woman over the age of 40 or have a history of breast cancer in your family, talk to your health care provider about scheduling a mammogram. Although you cannot prevent cancer, some habits that can help reduce your risk are:

- Maintain a healthy weight
- Stay physically active
- Eat fruits and vegetables
- Do not smoke
- Limit alcohol consumption



Lt. Bill Lawson was on deck Sept. 12-13 conducting Medical Homeport Training to all medical homeport staff. Lawson, Head of Business Operations and Regional Customer Relations Officer for Navy Medicine West, presented two classes at NHTP, two classes at Branch Health Clinic China Lake and two classes at the Marine Corps Medical Homeport. Lt. Lawson focused on access to care, template building, team work flows and clinic efficiencies.



The USNS Mercy (T-AH-19) docked into Pier 4 exactly on schedule Sept. 30. Visit the NHTP Facebook page to see more pictures from the homecoming.

Awardees...

The following awards were presented during the First Friday Award Ceremony, September 2, 2016. Hospital Commanding Officer, Capt. John A. Lamberton, was the presenting officer.



Lt. Wesley Poirier, formerly NHTP Facilities Management Department Head, is now assigned to the USNS Mercy. They say the U.S. Navy is a small world where you run into friends and acquaintances again and again; and that proved true Sept. 30 in San Diego when Lt. Poirier came down the USNS Mercy gangway.



Seaman Parker Bailey is presented with a Patient Safety Award.



Seaman Tyler Ellis is presented with a Patient Safety Award.



Petty Officer First Class Christopher Kipfer is awarded the Navy and Marine Corps Achievement Medal.



Petty Officer Third Class Eric Mosey is presented with a Patient Safety Award.



Ms. Brittany Tyndall is presented with a Patient Safety Award.



Petty Officer First Class Jessica Williford-Dagher is presented with a Certificate of Appreciation for her support of the Navy-Marine Corps Relief Society.

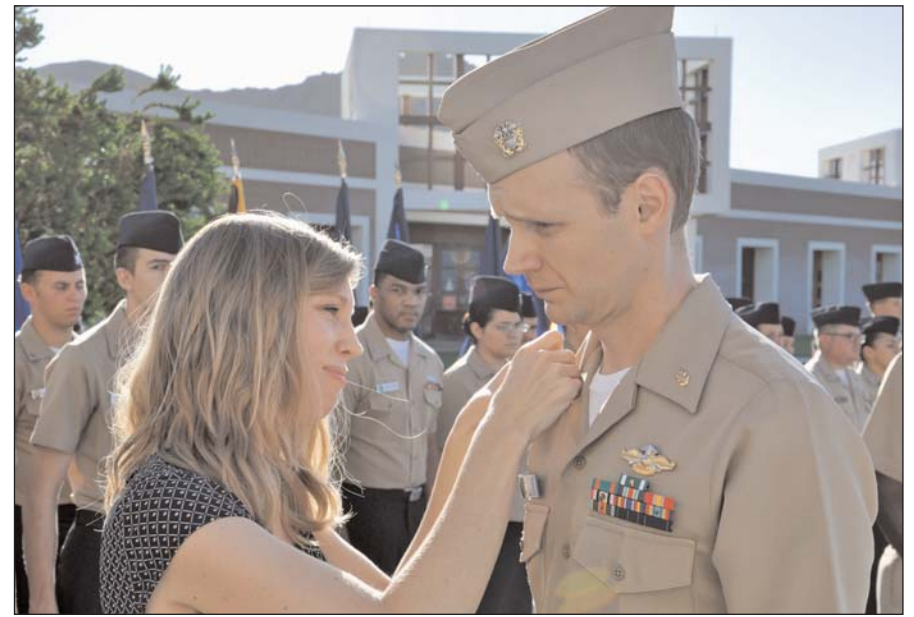




Petty Officer Second Class Daniel Mendenhall is awarded the Navy and Marine Corps Achievement Medal.



Seaman Jackson Moede is awarded the Navy and Marine Corps Achievement Medal.



Rachael Lund pins commander insignia onto her husband, Cmdr. Mark Lund's collar during a promotion ceremony Sept. 2. Lund, originally from Prince of Wales Island, Alaska, had his oath of office administered by his father-in-law, USMC Colonel (Ret.) Paul Christian. Cmdr. Lund is a family-medicine provider and NHTP Chief Medical Officer.



Seaman Alejandro Felan reenlisted for three more years Sept. 15. An occupational health technician in the Public Health Directorate, Felan's hometown is Arlington, Texas. Reenlisting Officer is Cmdr. Wendy Stone. Felan has orders for Preventive Medicine Technician School at Fort Sam Houston.



Jeanne Thacker pins her daughter, Lt. Cmdr. Jennifer Lynd, during a Sept. 21 promotion ceremony. Promoting officer was Capt. Jeffrey Bledsoe. Lynd, a perioperative nurse, originally from Brownwood, Texas, has been in the Navy 23 years. She arrived to this command in July from NMCS and notes that "NHTP is like a family." (Photo by Lt. Quinning Zhang)

Introducing New Staff -- Welcome Aboard!



Lt. j.g. Annabelle Herrera

On September 11, 2001, Lt. j.g. Annabelle Herrera was a deck seaman on the USS Whidbey Island (LSD-41). She was in New York City being sworn in as a naturalized U.S. citizen when terrorists flew planes into the World Trade Center. "People were streaming out of the subway covered in debris," she said. She was recalled back to ship and a week later the USS Whidbey Island deployed in response to the attack. "On the day I got my citizenship, I learned what the Navy is really about," she said. Herrera came to the U.S. from the Philippines when she was 13. She said she wants to give back; but also, she missed the comradery of Navy life. Herrera returned to the Navy after a 12-year break, during which she earned her RN degree and had three children. She met her husband while in high school and the family lives in Palm Springs. "I love it here," she said. "Everything is less than a two-hour drive away." Hobbies mainly involve spending time with family.



Lt. Cmdr. Anthony Biascan

Lt. Cmdr. Anthony Biascan is the Public Health Directorate's new occupational health physician. He arrived from Navy Hospital Sigonella from a three-year department-head tour where he was the occupational health physician. He's been in the Navy 16 years. His father retired as a Senior Chief Petty Officer Electrician's Mate. Hometown is San Diego. He earned his medical degree from Creighton University, Omaha, Nebraska, and earned his Master's degree in Environmental Toxicology from UC, Irvine, where he concurrently completed his residency in Occupational and Environmental Medicine, also from UC, Irvine. He earned his Bachelor of Science in biochemistry from Loyola Marymount University in Los Angeles. His wife and two teenage daughters reside in San Diego. Hobbies include golf (which had to replace his beloved basketball) ultimate frisbee, flag football and soccer "when the body permits," he said.



Lt. Barry Moore

Lt. Barry Moore arrived from a medical officer recruiting assignment in Houston--which he said was challenging trying to convince physicians to give up six-figure salaries to join the military. Moore began his Naval career as a hospital corpsman, serving five years at Naval Hospital Jacksonville. In 2001 he was pursuing a degree in engineering as a civilian when 9/11 occurred. Moore joined the Army. He was in the 82nd Airborne before deciding to pursue a registered-nursing degree. In reserve status, he earned his RN degree from the University of Texas Health Science Center in San Antonio. He did a stint with the 4th Marine Reconnaissance Battalion. As a Navy nurse he's been assigned to Navy Hospital Guam, BHC Great Lakes, recruiting duty; and now he's assigned to the NHTP Multi-Service Ward. Moore is working on his Master's degree in nursing education. Hobbies include hiking, camping and shooting. He is here with his wife and two young children.



Lt. Cmdr. Derrick Lebeau

Lt. Cmdr. Derrick Lebeau arrived from a three-year recruiting assignment in San Diego. He was selected as Medical Recruitment Officer of the Year, FY 2015. "It was a different experience for a Nurse Corps officer," Lebeau said. He recruited nurses, physicians, dentists, and healthcare administrators. Prior to that, Lebeau was Assistant Department Head for Staff Education and Training (SEAT) at Naval Hospital Camp Pendleton. At NHTP, Lebeau is Department Head for SEAT. He's been in the Navy 19 years, the first seven as a Navy Corpsman, during which he qualified as a respiratory therapist technician. Son of a Navy chief, Lebeau was born at the Navy Hospital in Charleston, South Carolina. He is currently pursuing a PhD. to become a nurse practitioner. He and his wife found a home in Yucca Valley. Hobbies (when he's not studying) include spending time together as a couple (hiking, movies), video games, and their teacup yorkie.



Lt. j.g. Elena Williams

Lt. j.g. Elena Williams has a BA in Healthcare Administration. She was taking a course of study in nuclear medicine at Fort Sam Houston and liked it so much she stayed on to become a nuclear medicine instructor. She's been in the Navy for 13 years, starting out as a quad-zero corpsman. She's been assigned to Okinawa Naval Hospital, on the USS Abraham Lincoln (CVN-72), and at Branch Health Clinic Everett, where she became interested in nuclear medicine. She attended the 13-month nuclear-medicine course. She then was assigned to Naval Hospital Guam where she spent three years. Williams applied for and was selected for the Medical Service Corps In-Service Procurement Program and was commissioned as a Medical Service Corps officer this past June. Williams earned an MBA with an emphasis on healthcare management. She enjoys running as well as outdoor activities with her husband and two children, ages seven and three.



Top left: Lt. Theo Cunningham is welcomed home by NHTP Commanding Officer Capt. John Lamberton after five months at sea on the USNS Mercy. Lt. Cunningham, a laboratory officer at NHTP was in a similar billet aboard the Mercy. He was promoted to his present rank while at sea. Top right: Petty Officer First Class Duncan Stewart steps onto land in San Diego. PO1 Stewart was assistant LPO for the Directorate for Administration aboard the USNS Mercy.



Petty Officer Second Class Donald Fryer (right) chats with NHTP Commanding Officer Capt. John Lamberton. P02 Fryer is assigned to NHTP Food Services and performed a similar mission aboard the USNS Mercy.

New Ombudsman is Welcomed Aboard



The NHTP Command has a new Ombudsman. Ms. Mica Wolkenhauer was welcomed aboard as NHTP Ombudsman Sept. 20 during a cake cutting ceremony and welcoming remarks from NHTP Commanding Officer, Captain John Lamberton, and Command Master Chief Jerry Ramey. "Family isn't just the immediate family but also the Navy family," Captain Lamberton said. "Our conversations, our experiences and the sharing of information, that's where the Ombudsman plays a critical role, relaying critical information from the command to family members."

Mica Wolkenhauer is married to Chief Petty Officer Dale Wolkenhauer. "I am the middleman between families and the command," Ms. Wolkenhauer said. "When my husband was deployed, the ombudsman was always a huge help in relaying vital information. For example, they would let me know when he was coming home and where I could meet him. I look forward to serving NHTP families in any way I can."

Ombudsman Mica Wolkenhauer can be reached via email: nh29po@gmail.com; or, telephone: (252) 503-8070.

MOES Simulator Provides Realistic Obstetrics Training



The Mobile Obstetric Emergencies Simulator (MOES) allows staff to prepare for and react to emergencies in a training environment.

The NHTP OBGYN Department is equipped with a Mobile Obstetric Emergencies Simulator (MOES), a full-sized birthing mannequin complete with neonatal infant. The MOES allows obstetric staff to experience and react to emergencies before they actually occur. Certified Registered Nurse Anesthetist, Lt. Cmdr. Marc Silfies, and obstetrician, Lt. Joseph Sarubbi, control the mannequin during training using a tablet computer. The team recently conducted training that involved obstructed labor. In the training scenario, the baby's head emerged but the shoulders remained stuck, a condition called shoulder dystocia.

"I was running the tablet and I directed the student to run the maneuvers. When I felt the student was sufficient in her duties, I released the infant--because it actually delivers so that just the head comes out," said Lt. Joseph Sarubbi. "When she did the right things, I released it and she was able to deliver the baby. She brought it over to the warmer and then they performed resuscitation on the newborn," Sarubbi said.

The obstetric team plans to conduct a training scenario simulating a post-partum hemorrhage, taking advantage of the simulator's capacity to be equipped with bags of fake blood.

The MOES, patented and licensed by the U.S. Army, was developed in the simulation center at the Uniformed Services University of the Health Sciences by obstetrician and simulation pioneer, Lt. Col. Shad Deering. It is currently being used in every hospital with a labor and delivery ward across the Military Health System, which includes hospitals in 14 countries and 41 states.

